

**HARPER CENTER
BULLETIN**

NOVEMBER 1ST, 2009

NOVEMBER 2009 NEWSLETTER**INSIDE THIS ISSUE:****CAREGIVER
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Here we are in November again. No foliage, increasing darkness, cold creeping in and Thanksgiving coming- they're still playing baseball. It's football season people, what's the matter with you! If the Yankees weren't in it, well, it wouldn't be worth watching would it? Well, maybe if that other team were in it but thank goodness we don't have to hear from them until April! OK, shots aside, we're beginning to approach a slippery time of year. I just brought the shovels out of my basement and put them in the shed, same with the driveway salt. Never know when you're going to need it. A little preparation goes a long way. Hope we have some warm days left but after all the rain we had, will we have similar amounts of snow? I've suggested to people who don't get out much that they might want to start thinking about getting some "ready to eat" food to have on hand, well, just in case. It's the season, right?

**SHARING THE NEWS**

Think back a few months...remember when Crystal Ogert from the SHARE program came here and we had some pizza and talked about food? Seems like it was forever ago doesn't it? Yup. Recently some of y'all have asked about the program and food orders. They're still taking orders, it's still a good, no, great program, but alas, Crystal has resigned after years of stewardship and I don't know where it will go from here. Lots of people wanted something from her but unfortunately, few were willing to help. I'll let you know if there's a rebirth here, I'm sure there will be but I don't know when. Stay tuned.

CAREGIVER SUPPORT

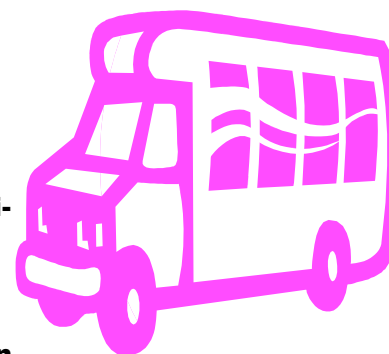
Last month we talked about caregivers and their importance to us all. Let's face it folks, none of us would be here at all if there weren't caregivers. Yeah, I said none of us. Think about that for a second, it's really a big concept! We deal mostly with those who care for elders, relatives or not, and as a former caregiver to various family members, it's a stressful job. Even worse, it's an expected job—meaning quite simply that almost everyone thoroughly expects a person to set their life aside and take care of another regardless of ability or need. We've heard this haven't we? That aside there really are folks out there who really care about their family and friends and who provide great care every day. We know some of them too, don't we?

What we'd like to do is establish a time for these caregivers to come together as a group and share some of their lives with each other, to support each other in their mission and to reaffirm for each other that they're not alone—there really are others out there with the same or similar experiences....yes, a support group for caregivers! Oh, yeah, there are definitely caregiver support groups, unfortunately it seems as though they all meet in Pittsfield. What about us?

On Thursday November 19 we'll gather here at 1:00 at the Harper Center with some folks from the caregiver department at Elder Services to talk about establishing our own group. We'll provide some decent snacks. Maybe we can establish a monthly gathering. What do you think?

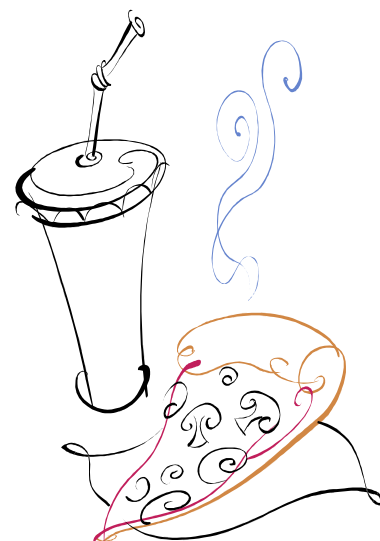
TRIPS, TRIPS, TRIPS....

Yeah, we've managed to make a few different trips during the past year, Ingleside Mall and the Berkshire Museum have come to mind right away. Kathy has indicated that we'll be doing a couple of nearby shopping trips in the coming weeks, we have a few of those major holidays coming hint, as I write this, the shopping days you have left are dwindling—tick tick tick. No, I haven't but I know what I'm going to get them....I digress. Watch for the signup sheets folks. We're also open to other trips of local interest, suggestions are welcome.



ENDURANCE

On Tuesday November 3rd, a Physical Therapist from Sweetbrook whose name is Tootie will be here to talk about her profession and exactly how it can help you. Yeah, I know, you all know what you think physical therapy is. All that bending and pulling and exercise and stuff you have to do after some surgery or another. Yeah, that's part of it for sure. But there's more and specialties abound—how about animal i.e. dog and cat therapy? Yup, there's a category for that as well as sports medicine and post surgical rehab...and there's a need to be certified after college and after graduate school-yeah, it's kind of like medical school. So, come by and learn something you didn't know and have a slice of pizza too! Noon, Tuesday November 3rd.



PARTY WITH THE ALADDIN'S

Yeah, what would a month be without some sort of formal party or another? And what would a party be without some kind of food? Heck, I don't know, I don't think I've ever been to a party without food or seen a month without a party! So here we go again; on Tuesday November 17 we'll do chicken and pasta with veggies, similar to cacciatore but I wouldn't say that, or ravioli with veggies, Italian Bread without the stink garlic this time. Yeah, I hear you, we'll have spaghetti with the chicken...lunch at noon, music at 1:00. Please be specific if you're coming regarding your entrée choice—we need to make sure that we have the correct amount of food beforehand! Sign up "out front".



THANKSGIVING TURKEYS

Every year, my old friend Diane Bleau and her friends in North Adams at St. John's Church prepare a Thanksgiving Turkey meal with all the fixings and hand deliver these meals to senior citizens residing in northern Berkshire County. I can't tell you how many years they've been doing this but it seems to be at least 20. Probably more. And yes, they're doing it again this year on Thanksgiving Day, all you have to do is call and get on the list-664-9656 is the number. I'm sure that they're willing to accept a few new volunteers to help and if you're so inclined, give them a call!



**We're on the web;
www.williamstown.net**

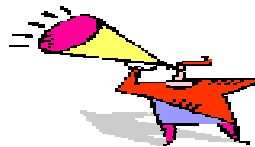
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We had another opportunity, and this is really not the correct word to use here, but it's the truth never the less, to summon an ambulance to the Harper Center for a potential serious emergency last week. Oh, they came quickly, were very efficient and impressive as well. I think that it really underscores the need for emergency services and folks who are able to respond if a like threat should arise. Fortunately we were not needed but there were two of us certified in emergency CPR in the house when this all happened and would have been ready and willing to help if needed. Is this a commercial for our CPR efforts? You tell me...

Another cautionary note for those who might have to summon assistance from one of our telephones; every telephone here EXCEPT PAT'S—is on the town network which means that you have to dial 9 to get a line and then 911-so actually it's 9911. Think we've discussed this before. Always timely to reiterate this!

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**nurse, Kip Moeller, will be here on
17 to trim those toe nails and work her magic on your feet. She is accepting appointments for JANUARY now, yup, next year. Call us for details.**

Our SHINE Counselor, Peg Jenks, will be here on Wednesday November 18 at 11:30 to meet with individuals who have concerns about their health care coverage and yes, she can help with just about any question you may have. She's also available for individual consultations if you need her, call the COA office at 458-8250 for information.

The monthly Brown Bag grocery supplement, courtesy of the Food Bank of Western Massachusetts will be delivered here to the Harper Center on MONDAY November 30. THIS IS A DATE CHANGE BECAUSE OF THE THANKSGIVING HOLIDAY! Mark your calendars.

The monthly Blood Pressure Clinic sponsored by our friends at Premier Healthcare will be on Tuesday November 10 at noon, right before the Friendship Club meeting. Remember, your blood pressure is a need to know number!

**Our foot care
Tuesday November**